Chinese Herbal Medicine
CMHB211

Session Five

Purgative Chinese Herbal Medicine
Aromatic Chinese Herbal Medicine
Open the orifices, Transform damp

Chinese Medicine Department
Session Aims

- Discuss the Chinese herbs that alleviate heat through the identifying the name, investigating medicinal properties, medicinal efficacies and main clinical applications, usage/dosage, and contraindications:
  - Purgative herbs
    - aggressively purgative, moistening laxatives, strong laxatives
  - Aromatic herbs (aromatic open orifices/damp-resolving herbs)

- Identify and group the major common differentiating actions of these herbs into further sub-classes; and

- Discuss some of the pharmacological research that relates to each Chinese herb discussed.
Purgative and Drain Herb Properties

“Herbs can cause diarrhea or lubricate the large intestine, aid in moving the bowels or relieve constipation”

Three taste types are traditionally used here. These include:

- **Bitter | Cold**: Downward movement and subdues rebellion. These herbs can be used in the management of heat in the intestines, heat in the taiyang channel, heat in the stomach and large intestines (diminishing absorption) and infections that lead to heat or fire condition that also have an underlying liver or kidney yin deficiency (Hempen and Fischer 2009). Herbs included under this category are Da Huang and Lu Hui;

- **Salty | Cold**: downward movement, replenish fluids, softens hardness (especially dry stool) (Hempen and Fischer 2009). Herbs included under this category are Mang Xiao; and

- **Sweet | Moisten**: Harmonize the intestines and relieve spasm (Hempen and Fischer 2009). Herbs included under this category are Huo Ma Ren, Yu Li Ren and Fan Xie Ye.
Herbs that Aggressively Purge

- Da Huang | Rhei rhizoma
- Mang Xiao | Natrii sulfas
- Fan Xie Ye | Sennae folium
Herbs that are Laxative in Nature and Moisten

- **Huo Ma Ren | Cannabis semen**
- **Yu Li Ren | Pruni semen**
Herbs that are Strong Laxatives

- **Ba Dou | Crotonis fructus**
- **Gan Sui | Euphorbiae kansui radix**
- **Da Ji | Euphorbiae pekinensis radix**
- **Yuan Hua | Genkwa flos**
- **Shang Lu | Phytolaccae radix**
Da Huang | Rhei rhizoma

- **Temperature:** Cold
- **Taste:** Bitter; **Site of Action:** Spleen, stomach, large intestine, liver and heart
- **Actions:**
  - Clear heat (constipation due to heat; fever; profuse sweating; thirst; abdominal distension with pain);
  - Clears damp-heat (jaundice with urinary difficulty; abdominal distension; dysentery);
  - Unblocks the bowel/laxative (constipation or diarrhoea, due to heat, abdominal distension);
  - Drain fire (fire symptoms: blood in stools, bleeding haemorrhoids, nosebleeds, haematemesis, red eyes);
  - Break up blood stagnation (amenorrhoea, abdominal concretions, pelvic pain due to stasis, haematomas due to trauma, intestinal abscesses); and
  - Detoxifies and disinfects (topical use and internal administration for burns, sores, exanthemas)
- **Clinic applications:**
  - Stagnation in the stomach and intestine and obstruction of the bowels
  - Excess fire
  - Blood stasis
  - Jaundice of damp-heat and stranguria
- **Pharmacology:** Promotes intestinal mobility and motility, analgesic, anti-inflammatory, promotes the loss of electrolytes
- **Dosage:** 3-15gm
- **Cooking time:** <10 minutes
- **Contraindications:** Pregnancy, qi and xue xu, spleen xu, lactation

Shen Y 2015, *DaHuang*
Mang Xiao | Natrii sulfas

- **Temperature:** Cold
- **Taste:** Bitter and salty; **Site of Action:** stomach, large intestine
- **Actions:**
  - Soften dried faeces; unblocks the bowels/laxative (constipation due to excess heat and dryness, heat obstruction in the stomach and small intestines);
  - Drains fire (aphthous ulcers);
  - Clears heat (constipation due to heat; inflamed sores; aphthous ulcers; painful, swollen red throat; inflammation of the eyes; sores in the mouth and pharynx, reddened skin lesions, inflammation of the breast);
  - Moistens dryness (red swollen and painful eyes; sores of the mouth and pharynx, skin lesions, breast lesions);
  - Breakup and dissolves concretions (painful; inflamed; ulcerative swelling); and
  - Dissipates swelling (painful inflammation; inflamed sores; breast sores; mastitis).

- **Clinic applications:**
  - Stagnation and constipation
  - Sore throat, aphthae, redness of eyes
  - External use of clearing heat and subsiding swelling

- **Pharmacology:** osmotic laxative, stimulates intestinal peristalsis, inhibits lactation if used topically on breasts
- **Dosage:** 6-12gm
- **Cooking time:** <1 minutes
- **Contraindications:** Spleen and stomach xu, elderly patients, during menstruation, pregnancy
Fan Xie Ye | Sennae folium

- **Temperature**: Cold
- **Taste**: Sweet and Bitter
- **Related** to large intestine
- **Actions**:
  - Unblocks the bowels/laxative (constipation due to heat accumulation)
  - Cools heat (heat accumulation in the intestines)
- **Pharmacology**: laxative, antibiotic, note urine may turn red through use (this is not a problem)
- **Dosage**: 3-9gm
- **Cooking time**: <15 minutes
- **Contraindications**: pregnancy, lactation, during menstural bleeding, debilitated patients, chronic constipation, haemorroids
Huo Ma Ren | Cannabis semen

- **Temperature**: Neutral
- **Taste**: Sweet; **Site of Action**: spleen, stomach, large intestine
- **Actions**:
  - Moisten the intestine to relieve constipation
- **Clinical applications**:
  - Constipation due to dryness of intestine
- **Pharmacology**: antiemetic, analgesic, cooling, anti-epileptic, bronchodilating, immunosuppressive, anti-microbial, tumor inhibiting, vasodilating, stimulates appetite and mood.
- **Dosage**: 9-15gm
- **Cooking time**: 20 minutes
- **Precautions**: Overdose can cause nausea, vomiting, diarrhea, numbness of limbs, restlessness, delirium, coma or mydriasis
Yu Li Ren | Pruni Semen

- **Temperature:** Neutral
- **Taste:** Pungent, bitter, sweet
- Related to spleen, large intestine and small intestine
- **Actions:**
  - Unblocks the bowels / laxative
  - Resolves accumulations
  - Generates fluids
  - Promotes urination
  - Breaks up swelling
  - Descend the qi
- **Pharmacology:** laxative, diuretic
- **Dosage:** 3-9gm
- **Cooking time:** 20 minutes
- **Contraindications:** Yin xu, fluid loss

Ba Dou | Crotonis fructus

- **Temperature:** Hot
- **Taste:** Pungent; **Nature:** extremely toxic; **Site of Action:** spleen, stomach, large intestine
- **Actions:**
  - Purge drastically, expel fluid; eliminate phlegm, comfort throat, corrode wound as external use

  **Clinical applications:**
  - Constipation due to cold accumulation
  - Abdominal dropsy and tympanites
  - Inflammation of throat due to phlegm obstruction

- **Pharmacology:** laxative 30-180 minutes post ingestion, anti-bitoic, anti-neoplastic, nephrotoxic
- **Dosage:** 0.1-0.3gm
- **Cooking time:** in pill or powder form
- **Contraindications:** Debilitated patients, pregnancy

Gan Sui | Euphorbiae kansui radix

- **Temperature**: Cold
- **Taste**: Bitter, Sweet, Toxic
- **Related** to Lung, kidney and large intestine
- **Actions**:
  - Promotes urination
  - Dislodges phlegm
  - Resolves accumulation
  - Breaks up swelling
  - Eczema, burns and ulceration
- **Pharmacology**: do not use long term and only by qualified herbalists, laxative,
- **Dosage**: 1.5-3gm
- **Cooking time**: with serving/consumption
- **Contraindications**: debilitated patients (qi, xue, yin, yang xu), pregnancy, renal impairment
Da Ji | Euphorbiae pekinensis radix

- **Temperature:** Cold
- **Taste:** Bitter, pungent, toxic
- **Related** to lung, spleen, and kidney
- **Actions:**
  - Promotes urination
  - Dislodges phelgm
  - Breaks up swelling
  - Softens hardness
  - Breaks up blockage
- **Pharmacology:** purgative
- **Dosage:** 1.5-3gm
- **Cooking time:** 20 minutes
- **Contraindications:** pregnancy
Yuan Hua | Genkwa flos

- **Temperature:** Warm
- **Taste:** Pungent
- **Related** to lung, spleen and kidney
- **Actions:**
  - Promotes urination
  - Transforms phlegm
  - Disinfects and detoxifies
  - Antiparasitic
- **Pharmacology:** laxative, anti-tussive, expectorant, analgesic, antibiotic, diuretic
- **Dosage:** 1-3gm
- **Cooking time:** <3 minutes
- **Contraindications:** Weak patients or suffering from a disorder involving bleeding, patients with a past history of cancer, CVD or impaired renal function, pregnancy
Patient 5.1 (female 7 years) presents with constipation 1x/3days with a final product that is a very dry stools. She has been suffering with the condition for >4 weeks and also comments that she has a dry mouth and a burning sensation when she attempts to pass a bowel movement.

Clinical Assessments:
Other: Dry mouth
Pulse: Full and rapid
Tongue: Thick/yellow/dry tongue coating

What is the diagnosis, treatment principles and herbal agents that should be used here?
Aromatic Herbs that Transform Dampness

- “Herbs with fragrance and warm-dry nature that can resolve dampness and improve the spleen’s transportation is known as damp-resolving medicinal” (Teng Jialin, 2007)

- The herbs in this category are pungent and aromatic in taste and are especially useful in the transformation of dampness.

- They can also be used to clear summer heat conditions.
Aromatic herbs that Transform Dampness

- Huo Xiang | Agastachis herba
- (Bai) Dou Kou | Amomi fructus rotundus
- Cang Zhu | Rhizoma Atractylodis
- Hou Po | Cortex Magnoliae Officinalis
- Sha Ren | Amomi xanthioidis fructus
- Pei Lan | Eupatorii herba
## Aromatic - Chinese Herbal Medicine Summary

### Action: Strongly aromatic herbs which dry damp

<table>
<thead>
<tr>
<th>Herb</th>
<th>Action Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cang Zhu</td>
<td>Atractylodis rhizoma</td>
</tr>
<tr>
<td>Hou Po</td>
<td>Magnoliae cortex</td>
</tr>
</tbody>
</table>

### Action: Drains damp, Relieves summer heat

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<th>Action Description</th>
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<tbody>
<tr>
<td>Huo Xiang</td>
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<tr>
<td>Pei Lan</td>
<td>Eupatorii herba</td>
</tr>
</tbody>
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### Aromatic - Chinese Herbal Medicine Summary

<table>
<thead>
<tr>
<th><strong>Action: Promotes qi flow, Drains damp</strong></th>
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</thead>
<tbody>
<tr>
<td>Sha Ren</td>
<td>Warms the middle jiao to treat diarrhoea due to cold, calms the fetus</td>
</tr>
<tr>
<td>Sha Ren</td>
<td><strong>Amomi xanthioidis fructus</strong></td>
</tr>
<tr>
<td>Bai Dou Kou</td>
<td>Drains dampness in the middle and upper jiao, very good for treating the early stages of nausea and vomiting</td>
</tr>
<tr>
<td>Bai Dou Kou</td>
<td><strong>Amomi fructus rotundus</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Action: Dries dampness, warms the middle burner</strong></th>
<th></th>
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</thead>
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<tr>
<td>Cao Guo</td>
<td>Dries dampness, malaria</td>
</tr>
<tr>
<td>Cao Guo</td>
<td><strong>Tsaoko fructus</strong></td>
</tr>
</tbody>
</table>
Huo Xiang | *Pogostemon cablin herba*

- **Temperature:** Warm
- **Taste:** Pungent and Aromatic; **Site of Action:** spleen, stomach, lung
- **Actions:**
  - Resolve(transforms) dampness
  - Stops vomiting
  - Dispels summer heat
- **Clinical applications:**
  - Retention of dampness in the middle Jiao
  - Vomiting
  - Early stage of summer-damp and damp-warm syndromes
- **Pharmacology:** antibiotic and antifungal, upregulates gastric secretions
- **Dosage:** 3-10gm
- **Contraindications:** Yin xu (with fire), Spleen xu and Stomach fire
(Bai) Dou Kou | *Amomum kravanh fructus*

- **Temperature:** Warm
- **Taste:** Pungent and Aromatic; **Site of Action:** lung, spleen, stomach
- **Actions:**
  - Transforms dampness
  - Moves and regulates the qi
  - Warms the middle and relieve vomiting

**Clinical applications:**
- Retention of dampness in the middle Jiao/qi stagnation in Sp & St
- Vomiting

- **Pharmacology:** upregulates gastric secretions, stimulates peristalsis, antiemetic
- **Dosage:** 1-6gm
- **Cooking time:** add later to the decoction
- **Contraindications:** Yin xu, blood xu, use with caution in conditions of damp-cold
Cang Zhu | *Rhizoma Atractylodis*

- **Temperature:** Warm
- **Taste:** Pungent and Aromatic; **Site of Action:** liver, spleen, stomach
- **Actions:**
  - Dry dampness and invigorate the spleen
  - Dispel wind-damp
  - Disperses cold and release the exterior

**Clinical applications:**
- Retention of dampness in the middle
- Bi-syndrome of wind-damp
- Exterior wind-cold syndrome

- **Dosage:** 3-9gm
- **Contraindications:** Contraindicated in yin deficiency with interior heat, profuse sweating due to qi deficiency
Hou Po | *Cortex Magnoline Officinalis*

- **Temperature:** Warm
- **Taste:** Pungent and bitter; **Site of Action:** spleen, stomach; lung and large intestine
- **Actions:**
  - Dry dampness and eliminate phlegm
  - Drive qi downward
  - Remove stuffiness

**Clinical applications:**
- Retention of dampness in the middle
- Food accumulation and qi stagnation
- Dyspnea and cough due to phlegm and fluid

- **Dosage:** 3-9gm
- **Precautions:** careful use in Qi deficiency with fluid consumption or pregnancy
Sha Ren | *Amomum xanthioidis fructus*

- **Temperature:** Warm
- **Taste:** Aromatic; **Site of Action:** spleen, stomach
- **Actions:**
  - Resolve dampness
  - Harmonizes and tonifies the spleen
  - Moves and regulates the qi
  - Warm the middle
  - Calms the fetus

**Clinical applications:**
- Retention of dampness in the middle
- Vomiting and diarrhea due to sp & st xu
- Morning sick and threatened abortion of qi stagnation

- **Dosage:** 3-6gm
- **Cooking time:** add later to the decoction
- **Contraindications:** Yin xu (with fire); blood dryness

Shen Y 2015, *ShaRen*
Pei Lan | Eupatorium fortunei herba

- **Temperature**: Neutral
- **Taste**: Pungent and Aromatic
- **Actions**:
  - Transforms dampness
  - Harmonizes and tonifies the spleen
  - Clears summerheat
  - Moves the blood
  - Release the exterior
  - Moves and regulates the qi
- **Pharmacology**: antiviral and diaphoretic
- **Dosage**: 5-10gm
- **Cooking time**: 20 minutes
- **Contraindications**: Yin xu
Aromatic Herbs that Open the Orifices

- “These herbs open the sensory orifices and are used to treat blockages or closure syndromes”.

- They are typically applied in the management of the following conditions:
  - Counterflow qi and blood, phlegm, ascendant yang that leads to blockage of the orifices (with loss of consciousness, lockjaw and rigid limbs);
  - Blockage or occlusion due to heat or fire leads to high fever, irritability, red face, difficult breathing and warm limbs. Herbs in this category include Bing Pian, Niu Huang, Yu Jin, Lian Qiao.
  - Blockage or occlusion due to cold leads to cold limbs, pale complexion, thick tongue coating, deep, wiry pulse. Herbs in this category include Chang Pu, Huo Xiang, Pei Lan, Su He Xiang.

- The herbs in this category are very pungent and have a strong aromatic taste and warm or heat temperature. They move qi quickly and are able to penetrate the tissues, break up obstructions and revive consciousness.
Aromatic Herbs that Open the Orifices

- Chang Pu | Acori rhizoma
- Su He Xiang | Styrax
(Shi) Chang Pu | Acori rhizoma

- **Temperature:** Warm
- **Taste:** Pungent and Aromatic
- **Actions:**
  - Drains damp
  - Dislodges phlegm
  - Transforms cold phlegm
  - Opens the orifices
  - Harmonizes and tonifies the spleen and stomach
  - Drain damp heat
  - Moves and regulates the qi

**Clinical applications:**
- Accumulation of phlegm and coma of sthenia type
- Fullness of the chest and stomach, distending and oppressive pain
- Anorectic dysentery / Insomnia and forgetfulness; tinnitus and deafness

- **Pharmacology:** upregulates salivary and gastric secretion, relieves cramping.
- **Dosage:** 3-9gm
- **Cooking time:** 20 minutes
- **Contraindications:** Yin xu (with heat), and excessive sweating conditions

Shen Y 2015, ChangPu
Su He Xiang | Styrax

- **Temperature:** Warm
- **Taste:** pungent, sweet, aromatic
- **Actions:**
  - Open the orifices
  - Restores consciousness
  - Removes wind obstruction
  - Channels wind phelgm
- **Pharmacology:** Anti-PAF, antibiotic, antiinflammatory
- **Dosage:** 0.3-1gm
- **Cooking time:** Do not boil – add at the end
- **Contraindications:** Very high fever, coma, spontaneous sweating, collapse, use with care in pregnancy
Tutorial Activity – Case Study 5.2

Patient 5.2 (female 26 years) presents with bloating and fullness of the abdomen. The condition commenced <2 weeks prior to presenting to your clinic. The condition is also associated with diminished appetite, a feeling of heaviness and a loose stool with an offensive odour.

Clinical Assessments:
Other: Dry mouth
Pulse: Slippery and slightly rapid
Tongue: Sticky yellow coat

What is the diagnosis, treatment principles and herbal agents that should be used here?